

## 06 Tassa Uttari Sutra

### Käyotsarga -

*After requesting forgiveness from all living beings of the universe, the next step is to discipline one-self in order to avoid future sins. This is done via Käyotsarga (motionless body) and introspective meditation on a Jain prayer. This meditation also helps to reduce our Kashāyas which in turn reduces of our past bad karmas.*

*By reciting Tassa Uttari Sutra, one declares the intension of meditation in motionless posture.*

### तस्स उत्तरी सूत्र

तस्स उत्तरी-करणेणं, पायच्छित्त-करणेणं,

विसोही-करणेणं, विसल्ली-करणेणं,

पावाणं कम्ममाणं निग्घायणट्ठाए, ठामि काउस्सग्गं. ....1

### Tassa Uttari Sutra:

tassa uttari-karanenam, päyacchitta-karanenam,

visohi-karanenam, visalli-karanenam,

pävānam kammānam,

nigghāyanatthāe, thāmi käussaggam.....1.

### Meaning

For the sake of atonement, repentance, purification, removal of obstacles and for uprooting sinful activities, I undertake meditation for certain duration in a motionless meditative posture (Käusagga).